

Live Well Challenge - Move More Point Tracking Worksheet

Week 6: August 18 - August 24

For definitions and maximum points see: [How to Earn Points](#)

Complete green cells below	Yellow cells should calculate automatically
----------------------------	---

Place points in each cell if appropriate								Point Criteria	
Move More	M	T	W	T	F	S	S	Points	Move More - 30 points weekly max
Move for 30 minutes								0	2 points per 30 minutes per day 1 point daily 1 point daily 2 points weekly
Take the stairs								0	
Stretch								0	
Trade a non-active event/activity								0	
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.								0	1 point daily General Health - 21 points weekly max
General Health									
Floss & Brush								0	
Slept 7+ Hours								0	
8-8oz glass of water								0	1 point daily Worksite Health Promotion - 5 points weekly max
Worksite Health Promotion									
When the week is finished, report this total score to your Team Captain:								0	

Special Activities Events- 75 POINTS MAX FOR THIS CATEGORY	Special Activities/Events	
Cooking Class		0 10 points per class, 20 pt max
Physical Activity Class		0 10 points per class, 20 pt max
Community Checkup Survey		0 10 points, one time event
Register for Heart Walk		0 10 points, one time event
Healthy Commute		0 1 point per day, 10 pt max
Know Your Numbers		0 5 points per measurement, 20 points max
Personal Health Record		0 20 points, one time event
Participate in Challenge Activity		0 20 points, one time event
Be Health Hero		0 20 points, one time event
At the end of week 6, report this these points to your Team Captain:		0